



Look where you're going!

Reports of injuries to distracted walkers — including those on their cellphones, listening to music or playing games — have more than quadrupled over the last seven years, say experts **PAGE 6**

THE SHAPING OF THE STRIP

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OTTAWA

metro

® Tuesday, July 31, 2012



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ZUMBA ON THE HILL

A Zumba instructor gets a little air as she leads a free dance party on Parliament Hill on Monday hosted by Metcalfe Street Chiropractic and Wellness Centre. **JESSICA SMITH/METRO**

Restaurant review sparks libel case

Feedback. Unhappy customer's negative online restaurant review leads to a criminal case against the restaurateur



JOE LOFARO
joe.lofaro@metronews.ca

The co-owner of a ByWard Market restaurant pleaded not guilty Monday to defamatory libel in relation to Internet posts and "sexually propositioning" emails sent to a customer who was dissatisfied with the service three years ago.

Elayna Katz said she had an "awful" experience at Mambo Nuevo Latino on May 28, 2009, and tried to contact co-owner Marisol Simoes to express her disappointment. After she couldn't reach

Point of view

"This is the first time (Simoes) has seen me face-to-face. If she had just given the benefit of the doubt and talked to me, everything would have been different."

Elayna Katz, speaking with Metro after she testified in court

Simoes, Katz said she left a negative review of her experience and a follow-up posting on review site Restaurantthing.com in June of that year.

Katz told the court Monday that someone with the username "lurirol" commented on her review, which suggested that she "should be locked up in the (Royal Ottawa Hospital)" and was "sad, lonely, and desperate."

In June 2010, Katz said

someone posing as her sent emails that were sexual in nature to the board of directors and CEO of her employer, the Federation of Canadian Municipalities.

Later, someone pulled an online photo of Katz and used it to make a fake profile on an adult-dating website.

A Bell Canada security associate testified via telephone reporting that the dynamic IP address that was used to make the profile was registered to Simoes.

Crown prosecutor John Semenov is seeking to prove Simoes was responsible for creating the profile.

However, the trial is ongoing, the defence has not yet presented its case and none of the allegations have been proven in court.

The trial is slated to continue on Tuesday.

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Abuse investigation

Police look for more victims in sexual assault, child porn case

Ottawa police laid 42 charges against a man accused of luring boys to his west-end home with cigarettes and alcohol and abusing them on camera.

The investigation began when the U.S. Postal Inspection Service alerted police in Toronto that a Canadian was suspected of sexually abusing young boys and sharing videos and images of the assaults, said Acting Staff Sgt. Francois D'Aoust.

Police identified a suspect with the help of an Ottawa IP address and arrested him in May at a Brampton, Ont., home.

Officers then tracked down five victims, who are now adults in their late teens and early 20s, and who were aged nine to 17 when they were abused at varying times between 2002 and 2011 at a west-end Ottawa home, said D'Aoust.

"After speaking with the identified victims we know of other victims out there that we aren't able to identify at this point," he said. "We're still actively looking to identify them and we're hoping this media release will lead to us receiving additional phone calls."

Scott Waldo Fraser, 52, is charged with offences including 11 counts of sexual assault, 11 counts of making child pornography, 11 counts of invitation to sexual touching and one count of extortion. He is scheduled to appear in court Aug. 2 for a bail hearing.

Police are asking anyone with information about Fraser to contact the Ottawa Police Service ICE Unit at 613-236-1222 ext. 5660, or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JESSICA SMITH/METRO



Last call for a landmark

The demolition of the Coliseum building at Lansdowne Park started Monday morning as backhoes tore apart metal beams and asbestos at the rear of the structure. Removing the landmark building is part of the Lansdowne Park redevelopment project undertaken by the City of Ottawa and the Ottawa Sports and Entertainment Group. As the project develops, the horticulture building will be relocated and Frank Clair Stadium will be revitalized in preparation for the FIFA Women's World Cup in 2015. JOE LOFARO/METRO

Roadside memorial set up for teen driver

Unexplained collision.

Friends and family gather on Dunrobin Monday, where a 17-year-old girl died the day before

JESSICA BEDDAOUI
ottawa@metronews.ca

In a ditch beside the tree that Lisa Roesler's car hit early Sunday morning lies a white box, serving as a memorial site for the teen.

By early afternoon on Monday, the metal box was covered in hand-written letters, signed hats, photos, and flowers.

"Your laughter, your smile, your presence will always be missed. Love you girl," read one message. "Only the best die young," read another.

"I was her best friend and she was mine," Bethany Rampton said, in between tears.

Roesler celebrated her father's 50th birthday and drove friends home until about 5 a.m. But she never made it home.

A passerby spotted her car at about 9:30 a.m. on Sunday morning and called paramedics. Roesler was pronounced dead at the scene.

At the memorial site Monday, a group of young men paced back and forth, staring at skid marks on the road and at the ditch, trying to pinpoint



A mourner writes on the memorial for 17-year-old Lisa Roesler on Monday afternoon. JESSICA BEDDAOUI /FOR METRO

exactly what went wrong. Collision investigators are working to determine the

cause of the crash. They said they have no reason to believe that alcohol was a factor.

Mobile news



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WHY WEIGHT?

Creative Mornings. Breakfast talks send people to work with ideas

In a bid to get Ottawa's creative juices flowing, Creative Mornings is serving up monthly question-and-answer sessions with interesting people.

Friday's breakfast talk was with celebrated local chef Matthew Carmichael.

"The idea is to inspire people before they go to work," said Sharif Virani, an environmental scientist and co-organizer of the group's Ottawa chapter.

Virani has seen a shift in the city — more and more people are beginning to take a chance on their passions, he said.

Co-organizer Michael Grigoriev noted that until Creative Mornings was launched, "there was no shared platform for people from creative fields to come together. I'm a designer and I've found myself frustrated when I met people in Ottawa that I should have met a long time ago."

Creation story

"We're already seeing familiar faces and relationships starting to build. It's sustaining the creative conversation and building those connections."

Sharif Virani

In June, they held their first talk, by Manuel Baez, an architecture professor at Carleton University, who spoke of the interweaving of art and technology. Creative Mornings was an instant success.

"We want to look at non-traditional forms of creativity," Virani said, adding that their third talk deals with art that will really "stick."

GRAHAM LANKTREE/METRO

Crime. Cops seek suspect in restaurant holdup

Police are investigating a gunpoint robbery of a fast-food restaurant that took place in Barrhaven last week.

At about 1 a.m. on July 22, a man entered a restaurant in the 3300 block of Fallowfield Road with a handgun and rounded up staff and customers, police said. He then fled on foot with an undisclosed amount of cash.

The suspect is described as a man in his mid-to-late-20s, about five-foot-ten and 180 pounds. He was wearing a fake black beard, pink sunglasses, a navy-blue hoodie with a logo and red trim around the hood, black jeans and black shoes.



A suspect points a gun in an Ottawa restaurant on July 22.

CONTRIBUTED/OTTAWA POLICE SERVICE

Anyone with information is asked to call the Ottawa Police Service robbery unit at 613-236-1222, ext. 5116; or Crime Stoppers at 613-233-8477 (TIPS).

JOE LOFARO/METRO



Vaalea Darkke, centre, flanked by a person in a beaver costume and another dressed as the Grim Reaper, protest the homeless beavers' plight beside the human-rights monument outside city hall. GRAHAM LANKTREE/METRO

Homeless beavers' neighbours stage another protest

Demanding wildlife policy. Residents worried about Stittsville beavers whose lodge was torn down

GRAHAM LANKTREE
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Neighbours of a family of beavers whose Stittsville lodge was

Focus on wildlife

"We need to look for other ways to deal with the issue rather than just killing them."

Lynne Rowe, on the Stittsville beavers

destroyed are calling for a better wildlife strategy.

"There's no reason to kill the mother beaver and her kits," Lynne Rowe, a member of the Constance Creek Wildlife Refuge, said on Monday outside city hall.

In November, Mayor Jim

Watson spared the animals from the city's trap-and-kill policy. But that didn't stop city workers from tearing down their lodge in June.

Watson said the city is working on a new wildlife strategy for this fall.

"They've been talking

about a new wildlife strategy for years," Rowe said. "What we need is a stronger wildlife policy and a long-term vision, rather than just local development out of control."

Rowe said green overpasses for animals could help. "And putting baffles around the drainage area prevents (beavers) from damming up the water flow," she said. "And you can protect the trees by wrapping them with wire."

"This is our nation's capital and wildlife is part of our city. Let's create a balance."

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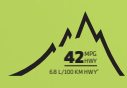
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'Distracted walking' isn't as widely discussed as distracted driving, but the danger is real. PABLO MARTINEZ MONSIVALS/THE ASSOCIATED PRESS

Distracted walking is a growing issue: safety experts

Real threat? Officials struggle to figure out how to protect people from themselves after mounting incidents

On city streets, in suburban parking lots and in shopping centres, there is usually someone strolling while talking on a phone, texting with his head down, listening to music, or playing a game. The problem isn't as widely discussed as distracted driving, but the danger is real.

resents state highway safety offices.

State and local officials are struggling to figure out how to respond, and in some cases asking how far the government should go in trying to protect people from themselves.

THE ASSOCIATED PRESS

On the web



Surveillance footage caught a distracted walker in the Philadelphia area fall on the train tracks. Scan the code above or visit metronews.ca for the video.

A young man talking on a cellphone meanders along the edge of a lonely train platform at night. Suddenly he stumbles, loses his balance and pitches over the side, landing head first on the tracks.

Fortunately there were no trains approaching the Philadelphia-area station at that moment, because it took the man several minutes to recover enough to climb out of danger. But the incident, captured last year by a security camera, underscores the risks of what government officials and safety experts say is a growing problem: distracted walking.

Reports of injuries to distracted walkers treated at hospital emergency rooms have more than quadrupled in the past seven years and are almost certainly under-reported. There has been a spike in pedestrians killed and injured in traffic accidents, but there is no reliable data on how many were distracted by electronics.

"We are where we were with cellphone use in cars 10 years or so ago. We knew it was a problem, but we didn't have the data," said Jonathan Alkins, deputy executive director of the Governors Highway Safety Association, which rep-

Statscan study

Most new moms took work leave

Most Canadian mothers with young children took some type of maternity leave following childbirth, according to a new study.

Statistics Canada said 90 per cent of children between the ages of one and three living outside Quebec had working mothers who temporarily left their jobs after giving birth. Their average leave was 44 weeks, the agency said.

About 26 per cent of these children had working fathers who also stayed home after they were born. THE CANADIAN PRESS

NASA. New Mars rover will have to nail risky landing

It's the U.S. space agency's most ambitious and expensive Mars mission yet — and it begins with the red planet arrival Sunday of the smartest interplanetary rover ever built.

It won't be easy. The complicated touchdown NASA designed for the Curiosity rover is so risky it's been described as "seven minutes of terror" — the time it takes to go from 20,920 km/h to a complete stop.

Scientists and engineers will be waiting anxiously as the spacecraft plunges through Mars' thin atmosphere and attempts to slowly lower the rover to the bottom



The Mars Science Laboratory Curiosity rover. JPL-CALTECH/NASA/THE ASSOCIATED PRESS

of a crater with cables. THE ASSOCIATED PRESS

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Colorado suspect charged with 24 counts of murder

Before the law. James Holmes also charged with 116 counts of attempted murder after theatre massacre



James Holmes
THE DENVER POST/THE ASSOCIATED PRESS

Prosecutors on Monday charged a former neuroscience graduate student with 24 counts of murder and 116 counts of attempted murder in the Colorado theatre rampage that once again opened a national debate over guns. Legal analysts expect the case to be dominated by arguments over his sanity.

James Holmes appeared just as dazed as he did in his first court appearance a week ago, but at one point he exchanged a few words with one of his attorneys. Some victims and family members again watched him in the packed courtroom, and before the hearing some clasped their hands and bowed their heads as if in prayer.

The July 20 attack at a midnight showing of the new Batman movie left 12 people dead and 58 others injured. Holmes faces two counts for each victim — murder with deliberation and murder with extreme

indifference. Both carry a maximum death penalty upon conviction.

A former chief deputy district attorney said a conviction under extreme indifference means that any life sentences would have to be served consecutively, not concurrently.

Holmes also faces one count of possession of explosives. After his arrest outside the theatre, police said they found his apartment was booby trapped.

Unlike Holmes' first court appearance, Monday's hearing was not televised. At the

request of the defence, District Chief Judge William Sylvester barred video and still cameras, saying expanded coverage could interfere with Holmes' right to a fair trial.

The judge also has placed a gag order on lawyers and law enforcement, sealing the court file and barring the University of Colorado Denver from releasing public records relating to Holmes' year there. A consortium of media organizations, including The Associated Press, is challenging Sylvester's sealing of the court file.

Attorneys on Monday also were arguing over a defence motion to find out who leaked information to the media about a package the 24-year-old Holmes allegedly sent to his psychiatrist at the university.

Authorities seized the package July 23 after finding it in the mailroom of the medical campus where Holmes studied. Several media outlets reported that it contained a notebook with descriptions of an attack, but Arapahoe County District Attorney Carol Chambers said in court papers that the parcel hadn't been opened by the time the "inaccurate" news reports appeared. **THE ASSOCIATED PRESS**

Southern India. Fire on overnight train kills 32 passengers, burns dozens

A fire swept through a train car packed with sleeping passengers in southern India on Monday, killing at least 32 people and sending panicked survivors rushing for the only clear exit once the train stopped, officials said.

Investigators found charred remains of victims still in their sleeping berths and were struggling to identify them.

A railway station worker noticed the burning coach as the overnight train from New Delhi to the southeastern city of Chennai passed through the town of Nellore at about 4 a.m., local official B. Sridhar said. Nellore is about 500 kilometres south of Hyderabad, the capital of Andhra Pradesh state.

Once the alarm was raised, the train was stopped and the coach was detached from the rest of the train to prevent the blaze from spreading.

"Since the fire had engulfed one door of the coach, people had to rush to the other end of the coach to exit," Sridhar said.

Passengers said the fire spread swiftly through the coach. "By the time we got



People stand near a charred coach of a passenger train at Nellore, nearly 500 km south of Hyderabad, India, Monday. A fire swept through a train car packed with sleeping passengers, killing at least 32 people, officials said. **THE ASSOCIATED PRESS**

out of the door, the coach was completely on fire," said Shantanu, who like many Indians uses only one name. He said firefighters sprayed water over the burning coach, but it was gutted.

Sridhar said the fire may have been caused by an electrical short circuit in the coach.

At least 28 others were hos-

pitalized with burns, including at least two in critical condition, said Anil Kumar, a regional railway manager.

India has one of the world's largest train networks, with more than 10,000 trains and 64,000 kilometres of track. Around 20 million people travel by train each day.

THE ASSOCIATED PRESS



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Currency

Penny receives temporary reprieve

The penny, its death sentence originally pronounced in the last federal budget, will no longer be circulated in Canada as of Feb. 4, 2013, Finance Minister Jim Flaherty said Monday.

The Royal Canadian Mint, which stopped producing the

coins in May, was originally expected to start taking the penny out of circulation by this fall. But retailers and other small businesses complained that the transition to a penny-free marketplace would be too much of a burden right before the busy holiday season.

After Feb. 4, cash transactions will be rounded to the nearest five cent increment.

THE CANADIAN PRESS

Online video

Netflix changes privacy policy

Netflix has agreed to change its data retention practices so rental histories of customers who haven't subscribed to the service for at least a year will no longer be identifiable.

Netflix notified customers of the policy shift in an

email Monday.

The change is part of a proposed settlement to a privacy lawsuit filed against Netflix last year by six plaintiffs.

The lawsuit was granted status as a class action to represent tens of millions of Netflix costumers and led to a mediated settlement announced in February.

TORSTAR NEWS SERVICE

Hacking

Two arrested in S. Korean data theft

South Korean police said they arrested two men who allegedly stole the personal details of about eight million mobile phone subscribers and sold the data to marketing companies in one of the country's biggest hacking schemes.

Police said the two made about \$877,000 from the hacking scheme. They sold the program as well as mobile subscriber data to telemarketing companies which used the details to contact customers to solicit them to switch to other mobile operators.

Police said a former KT employee and six others were also charged for their roles in the scheme.

THE ASSOCIATED PRESS

Apple, Samsung spar over patents

Court case. Jury of 10 will be selected this week before opening statements begin in a trial expected to last more than a month

Smartphone wars

- The pace of iPhone sales has slowed, Apple revealed last week. Part of the problem is that the competition has thinner phones with big screens.
- Samsung, the number-one maker of smartphones, touts its newest flagship phone, the Galaxy S III, sleek and wafer-thin.

With billions of dollars and control of the U.S. smartphone and computer tablets markets at stake, jury selection began Monday in a closely watched trial between two of the world's leading tech companies over patents.

Apple filed a lawsuit against Samsung Electronics last year alleging the world's largest technology company's smartphones and computer tablets

are illegal knockoffs of its popular iPhone and iPad products.

Apple is demanding \$2.5 billion US in damages, an award that would dwarf the largest

patent-related verdict to date. Samsung countered that Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

The case is just the latest skirmish between the two companies over product designs. A similar trial began last week, and the two companies have been fighting in courts in the U.K. and Germany.

Industrywide, some 50 lawsuits have been filed by myriad telecommunications companies jockeying for position in the burgeoning \$219-billion market for smartphones and computer tablets.

THE ASSOCIATED PRESS

Market Minute

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Speaking up against big oil

Grand Chief Stewart Phillip, of the Union of B.C. Indian Chiefs, arrives for a news conference in Vancouver on Monday, where he voiced his opposition to the Enbridge Northern Gateway pipeline.

DARRYL DYCK/THE CANADIAN PRESS

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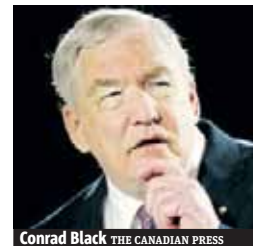
Black sees potential in Canadian newspapers

Conrad Black says he sees investment potential in Canadian newspapers, sparking speculation that the former media baron wants to re-enter the media industry.

"There is a great premium to be placed on the editorial function and on the goodwill of a famous trademark like a respected newspaper," Black told the Huffington Post Canada during an editorial board meeting.

"Any good title that's grossly underpriced could be interesting."

Black, 67, recently returned to Canada on a temporary resident permit after serving 37



Conrad Black THE CANADIAN PRESS

months in a Florida prison for fraud and obstruction of justice while he was head of media giant Hollinger International, former owner of papers from Canada's National Post to Israel's Jerusalem Post.

Black said he isn't actually in the market to buy a newspaper right now. He evaded questions about how he would transform a newspaper in order to make it profitable in the new digital landscape.

"It's not that I don't have an answer, but I'm not going to answer because it might be an untimely and excessive disclosure, and compromise what I might actually do," he said.

It may be difficult for Black to re-enter the Canadian media industry, because it's not known yet whether he will be allowed to stay in the country after his temporary permit expires. The media mogul

renounced his Canadian citizenship in 2001 to become a member of the British House of Lords.

In addition, tax laws only allow advertisers to get a full tax deduction when they purchase ad space in papers that are Canadian-owned. This is considered to be an important draw for advertisers.

Black, who doesn't have a Canadian work permit, has said he plans to keep writing for Canadian media outlets, including the Huffington Post Canada and the National Post, the newspaper he founded more than a decade ago.

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Jessica Napier
metronews.ca/shesays

We all make mistakes in our 20s. Luckily, most of us don't have to live out those youthful bad decisions on the front page of People magazine. Kristen Stewart — of red carpet

grimacing and Twilight fame — is not as fortunate as us regular folk.

Last week, the 22-year-old starlet was outed in a very public manner for cheating on her long-time boyfriend Robert Pattinson with married Snow White and the Huntsman director Rupert Sanders.

Sadly 'Robsten' — perhaps the most overreaching celebrity couple portmanteau of all time — is no more. But while Twihard fan girls are mourning the end of an on-screen vampire romance turned true love, the rest of us are wondering, why on Earth we should care at all?

Oh that's right, because Stewart and her philandering partner released PUBLIC statements of apology, as if we are the ones being directly impacted by this made-in-Hollywood affair.

It seems confusing to me that stars in the spotlight — who usually demand privacy in times of great stress — would validate the role that these gossip magazines play in their personal relationships by issuing apologetic press releases. I think both Stewart and Sanders' statements have everything to do with creating publicity and very little to do with salvaging their respective relationships.

Unfortunately, overt performances of romance gone awry aren't confined to the world of celebrity couples.

I'll confess that I've been there. Following an Earth-shattering teenage breakup, I spent about a month adorning my MSN screen name with sensitive song lyrics by courtesy for my entire pre-Facebook social network to see.

And while these barefaced displays of pubescent melancholy might be forgivable from a 16-year-old, I still see the same sort of emotional exhibitionism from my peers a decade later.

I see it all the time, people baiting friends and followers with attention-seeking updates on their private-life dramas. Do you really find solace in smearing your broken heart all over your Facebook profile? Does tweeting about newly 'single and fabulous' status offer you real emotional validation? Is it really necessary to Instagram a photo of yourself with downcast eyes and a solemn pout with #Breakup attached?

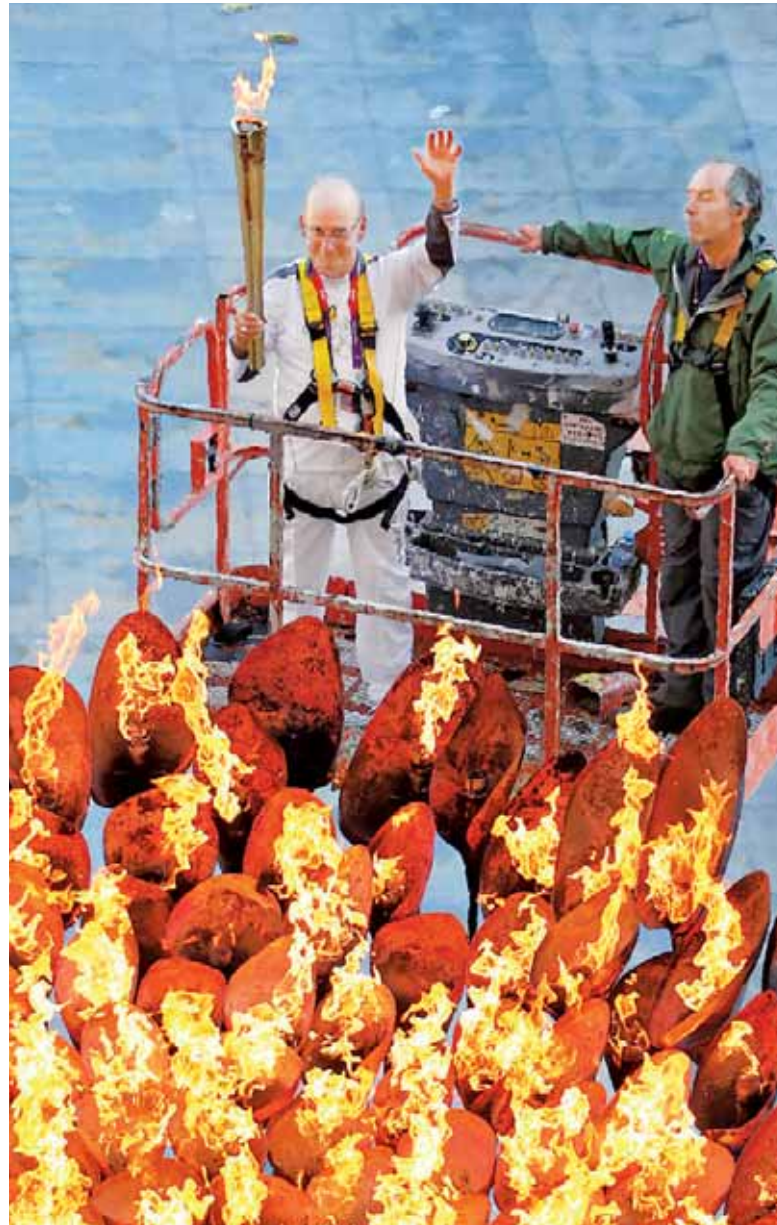
What does it say about us as a society that we not only have a schadenfreude-esq obsession with celebrity couple breakdowns, but that we feel the need to imitate their penchant for over-sharing in our own online worlds?

We should probably leave the brazen theatrics to shameless reality stars and teenagers with raging hormonal levels. Remember, not every emotional meltdown warrants a press release, at least not in the 'real' world.

Follow Jessica Napier on
Twitter @MetroSheSays



Where to find the Olympic cauldron



JAE C. HONG/THE ASSOCIATED PRESS

Let the flame begin

Fire returns after being relocated

Austin Playfoot, a torchbearer from the 1948 Olympics — when the Games were last held in London — and again this year, poses after lighting the cauldron at the Olympic Stadium during the 2012 Summer Olympics on Monday in London. The cauldron was moved from the infield to its resting position at the stadium.

Organizing committee officials said in a statement Monday that the cauldron was shifted from the middle of the stadium's infield to an area near the opening ceremony bell to prepare for the track and field competition, which begins Friday.

THE ASSOCIATED PRESS

Need a ticket to see

The cauldron will only be visible for those who have tickets to the track and field competition. This has been a cause for concern for spectators with a burning desire to get a photo with it.

Organizer says:



"It was not created to be a tourist attraction."

Sebastian Coe, head of the London organizing committee, told the media.



Twitter

@srk_mike:

Left my lager on the balcony for a minute while watching Olympic stuff. Now it's warm. Seems fitting, in a way. #london2012

http://t.co/XLfnuUwi

@greygoosemoose:

RT @ShaunPhillips95: Beer pong should be an olympic sport.

@matt_ottawa_26:

@JimWatsonOttawa why are there not more recycling bins around #Ottawa #ottcity #recycling as seen at bank / Albert

@JimWatsonOttawa: @matt_ottawa_26 I agree! That's why chair of Env is working on getting this done @CouncillorMcRae.

@CouncillorMcRae:

@matt_ottawa_26 @JimWatsonOttawa We're working on it Matt. Adding parks & #OttCity facilities to the list too. Thx 4 your encouragement.

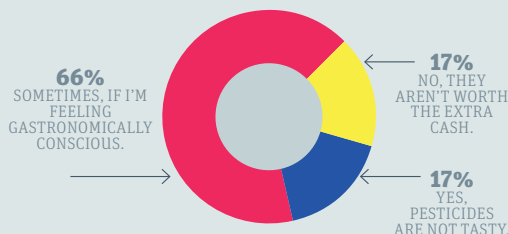


Insiders are claiming Stewart's public apology was career suicide for the Twilight star, The Huffington Post reported. GETTY IMAGES



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Do you buy organic groceries?



SCENE 2

DVD reviews



Le Havre

Director: Aki Kaurismäki

Stars: André Wilms, Blondin Miguel, Jean-Pierre Darroussin

•••••

Le Havre is an exceeding droll comedy from Finnish master Aki Kaurismäki, whose dark worldview is balanced by a deep empathy for his blue-collar characters. Charming in its retro manners, cares and colours — while at the same time contemporary in its grasp of immigration and poverty issues — the film is set in the French port city of the title, a place where goods and people are constantly shifting. André Wilms stars as wily old shoeshiner Marcel, who dodges cops and creditors as he cheerily dispenses polish and eccentric home-spun philosophy out of the main railway station. Marcel's bonhomie is put to the test by a big event: a group of African stowaways, illegal immigrants all, have been discovered inside a container on the Le Havre dock. One of them, a young pre-teen named Idrissa (Blondin Miguel), manages to evade police and port authorities, and he's now being sought. Will Marcel squeal or assist? As good as the cast is, it's the deceptively passive Miguel who anchors the film.

PETER HOWELL

I'm Yours

Director: Leonard Farlinger

Stars: Rossif Sutherland, Karine Vanasse, Don McKellar

•••••

There aren't a whole lot of road romances where North Bay is the destination, and after this there aren't likely to be many more. A miscast and mismatched Rossif Sutherland and Karine Vanasse stretch credulity at every quirk-filled turn as they follow a bag of loot and chase family problems on the long trek from New York to Ontario's "Gateway to the North." Sutherland plays a Wall Streeter disillusioned upon turning 30. Vanasse plays the bar hook-up who becomes the reason for the road trip. The eye-rolling script is the main problem.

PETER HOWELL

If it ain't broke don't fix it, says No.1 CBS

Television Critics Association press tour. Network head touts first-place success, talks new and returning shows

AMBER RAY

Metro World News in New York

As head of the top-rated broadcast network, Nina Tassler, President of CBS Entertainment, didn't have many announcements to make when addressing journalists at the Television Critics Association press tour in Beverly Hills, Calif., other than one clear message: The network is on top, and plans to stay there.

"We're No. 1 in viewers. We're No. 1 in upfront revenue. We're No. 1 in Emmy nominations," Tassler said. "Good performance, good business, and outstanding quality on the screen. I'm really proud of the environment we've created for launching and sustaining hit shows, from development, to scheduling, to marketing, to current programming," she added.

In a "not broke, not gonna fix it" move, the CBS slate this fall includes just four new series: *Elementary*, a modern take on Sherlock Holmes; *Vegas*, about the politics and crime that shaped the Strip in the 1960s; *Made in Jersey*, a crime procedural following a Jersey girl working her way up at a high-end Manhattan law firm; and the buddy comedy *Partners*.

Regarding the pickup of *Elementary* at a time when there are many other versions of Sherlock Holmes on the pop culture scene (the BBC series *Sherlock* and the Sherlock Holmes movie franchise included), Tassler said, "when you have an opportunity to build a show around one of the greatest detectives in all of literature, you're going to jump at that opportunity."

She called the BBC series, which airs on PBS in the States, "extraordinary," and is confident "there's plenty of room for another Holmes in our world."

When questioned about *Vegas* and the recent failure of other period dramas on broadcast networks (*The Playboy Club*, *Pan Am*) Tassler insisted her '60s-set series goes beyond a nostalgia factor. It is foremost about the fascinating character of real-life Sher-



The '60s set series Vegas goes beyond nostalgia. HANDOUT



CBS is betting audiences aren't tired of Sherlock Holmes with the new Holmes-inspired show Elementary. HANDOUT

iff Ralph Lamb, who fought to bring order to the mob-run casino scene, she said.

"The fact that it was set in the '60s certainly informed the show, but it's not about the '60s, per se," Tassler said. "It's about these two forces that were battling for the heart and soul of Las Vegas at a very key moment in the his-

tory of the city."

Most questions posed to the CBS exec, however, involved returning series.

On football games running late and pushing back the start time of scripted series such as *The Good Wife*:

"One of the things we've done going into this season, we're

How I Met Your Mother

Neil Patrick Harris
HANDOUT

Comedy. One of the biggest questions posed to Tassler was about renewing *How I Met Your Mother* and allowing the creators to tell the entire story. Here's what she had to say: "Well, they had an incredible year last year. We've got a great relationship with (creators) Craig (Thomas) and Carter (Bays), and certainly they have a very strategic wrap-up to the show. They know we want the show to come back next year. We are having conversations right now about extending it. We want the show to come back next year."

developing new SMS texting technology to make sure our audience knows that the show is going to be delayed. Between texting, between online notification, between Facebook technology, I mean, literally, we do everything possible, and will continue to do everything, to make sure that the audience knows that the show will be on later as a result of (football)."

On cancelling *CSI: Miami* ...

"Saying goodbye to a *CSI* this year was — it was a very big deal. That show has been extraordinarily successful for us. So it was a difficult decision. What we looked at — it was a jump ball. What we looked at was Friday night versus Sunday night. We looked at the flow on Friday night for New York versus Miami. So it was a very tough choice. But as I said, it was really a jump ball and just had to do with the schedule."

... And changes to *CSI: New York*:

"We've added Natalie Martinez to the cast. The show has, as I said, a lot more humour and a lot more New York, fun, event-type stories."

On the web



NY's graffiti artists of the 1970s and 80s, now in their 40s and 50s, still have urge to tag



Kristen Bell ALL PHOTOS GETTY

Bell and her beau have a workplace romance

For Kristen Bell, teaming up again with fiancé Dax Shepard for their new movie, *Hit and Run*, was something of a no-brainer. “We realized we’re severely co-dependent,” Bell tells *Us Weekly*. “It’s not just like you’re caught in the house with your significant other for six weeks and you’re both doing different things and feel like you’re in each other’s way. We actually had the same goal and we really, really, really wanted the best for the script Dax had written. Because we had the same mutual goal, it felt shared.” So how did she get

Labour of love

“On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin”

Kristen Bell

the part in Shepard’s film, exactly?

“On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin,” she jokes.



Tophér Grace

Sophia Bush says 70s star is just a buddy

Sophia Bush was spotted grabbing coffee with Tophér Grace in West Hollywood last week, but the newly single actress wants to make it clear that the two are not dating, she tells *Us Weekly*. “Tophér has been one of my dearest friends for six years,” says Bush, who’s starring in *Partners*, a new TV comedy this fall.

“We have coffee all the time and he is actually a great sounding board for me with sort of how to be prepared with all things sitcom.” Bush recently split from her boyfriend of six years — and *One Tree Hill* co-star — Austin Nichols. She’d previously been married to another of the show’s stars, Chad Michael Murray.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Farrell living the simple, boring life

THE WORD
Monica Weymouth
scene@metronews.ca

Colin Farrell has been behaving himself for years now, doing just enough films to stay relevant while plugging just enough charities to seem rich and enlightened.

But while we may forget his rehab-and-sex-tape days, Farrell is surprised his career survived them. “I had burned so many bridges in the film indus-

try that I couldn’t get a f—king meeting,” the actor tells *Men’s Health*.

You can catch him this weekend in the remake of *Total Recall*, a role he was able to land thanks to his fairly healthy new lifestyle.

“I don’t put the same level of energy into healthy living as I did into unhealthy living, but I eat really well, drink loads of green tea and take a s—t load of vitamins,” he tells the magazine. “It’s so f—king boring. Life has mutated to take on this sweet simplicity that I am really f—king OK with.”

Colin, if you want in on our Pier 1-Target double-header this weekend, say the word.



Kristen Stewart and Robert Pattinson



Reality bites: Twilight stars will have to reunite

In the wake of Kristen Stewart’s apology for cheating on Robert Pattinson, the *Twilight* co-stars are reportedly not speaking to each other, according to *People* magazine. Sources say both parties have left the L.A. home they share and are living elsewhere separately. “I’m not sure they’ll be able to recover from this,”

a source tells the magazine, adding that Pattinson “is heartbroken and angry.” They’ll have to face each other soon enough, though, as they’re set to be co-presenters at MTV’s Video Music Awards on Sept. 6, just as promotional duties begin in earnest for the final *Twilight* film, out in November.

Brand backs up fellow funnymen

Comedians Dane Cook and Daniel Tosh have drawn fire this month for jokes about rape and the recent Colorado movie theater shooting, respectively. But who is the one person they didn’t offend? Russell Brand. “I don’t know about what Dane Cook or Daniel Tosh said, but I know that they are comedians, and I know they’re nice human beings, so I don’t imagine that they had any intention other than to elicit laughter from their fellow human beings, as is their job,” Brand told reporters at the TCA panel for *Brand X*, his cable series. “I



Russell Brand

don’t think we should create a state where people are afraid to talk. That could have much worse consequences.”

Twitter



@MissKellyO

its really bothering me most US #OlympicReporters make a mockery the way ppl from my country talk/ our cultures we would never do that to you



@kirstiealley

we seriously need to wear false eyelashes.. watching Ghost Whisperer marathon.. 1st season no lashes. last seasons big lashes..Night & day



@kathygriffin

Can Mariah Carey PLEASE judge from her bubble bathtub every wk on American Idol? WITH a tiara on?



@katperry

SO HAPPY TO BE BACK IN BRAZIL!

3
LIFE

Taking the guesswork out of emergency room wait times

Technology. Hospitals across Canada are using tools to help patients make informed decisions about making the trip

CELIA MILNE
life@metronews.ca

How long will I have to wait in the Emergency?

The answer to that question may soon be at your fingertips.

One hospital in Ontario and several in Alberta now have websites that tell patients how long they'll wait for emergency care.

"Patients and families appreciate knowing in advance how long they'll have to wait to see a physician or nurse practitioner," says Don Shilton, president of St. Mary's General Hospital in Kitchener, the first Ontario hospital with the tool.

"This helps them plan their lives...whether to arrange child care or bring a book."

All hospitals across the country use a triage system to dictate which patients get seen first.

Those with a life-threatening illness or injury, such as a heart attack or major trauma



Take the guess work out of wait times. GETTY IMAGES

Quote

"If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

Don Shilton
President of St. Mary's General Hospital

from a car accident, will always get priority.

Those with less-urgent needs, such as tummy pain or an earache, will have to wait longer. The new tool tells you, with the click of a mouse, the average wait time for those with non-life-threatening problems.

"The time on the clock is updated every 20 minutes," says Shilton.

"If people decide they don't want to wait, the tool also lists alternatives to the emergency department such as urgent care clinics."

He hopes other hospitals adopt the tool, so that pa-

tients can explore alternatives online.

The next step is developing a smart phone App that helps you find the closest emergency department, provide directions on how to get there and show how long you'll wait once you get there.

"I can see this being very helpful if you were in a different city or part of the province," says Shilton.

Hospitals in Edmonton and Calgary are using a similar tool, according to Healthyebate.ca, an online health care magazine based at St. Michael's Hospital in Toronto.

On the Web



Is keeping life-threatening illness a secret doable in our share-all world?



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THIS WEEK: Have You Heard of CEREC?

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every Thursday.



No smokes? How to cope

Health. Just given up smoking? Or trying to and feeling anxious? The Ex-Smokers are Unstoppable campaign is here to help.

Take a flight

If flying makes you feel anxious and crave cigarettes, the European Lung Foundation and European Respiratory Society, they're launching the world's very first 'in-flight smoking cessation card,' an innovative health tool designed to help smokers during their smoke free flight, and encourage them to become smoke free for life.

The card provides helpful information for travelers struggling with nicotine withdrawal throughout their journey. Tips can include walking down the aisle to distract your thoughts away from smoking and getting in some exercise, taking small sips of water to flush out your system, taking deep breaths to delay your cravings and dedicating your time up in the air to listing the benefits



This could be you /THINKSTOCK.COM

of becoming a non-smoker.

"This campaign will help smokers when they are most stressed and hopefully give them the support and encouragement they need to make a positive decision about their smoking and therefore their health," says Monica Fletcher, Chair of the European Lung Foundation.

"We all take stock of our

lives and health when we break to go on holiday, and if we can put in people's minds as they leave or fly back that they can be unstoppable without cigarettes then it will be a fantastic achievement."

Hire a coach

Fitness coaches are the norm

Exclusively online

For more information on the "Ex-Smokers are Unstoppable" campaign go to: exsmokers.eu



but what about getting a smoking coach? iCoach (exsmokers.eu), a digital health platform offered by the Ex-Smokers are Unstoppable campaign, gives expert advice to those trying to quit smoking.

Fill out a questionnaire developed by psychologists and clinical experts — it assesses your behavior, attitude and motivations towards smoking.

From there your coach will provide you with tailored feedback, advice and techniques suited to your individual needs and desire to remain smoke free. Since the start of the campaign, 168,000 people have signed up for iCoach. The stats also revealed the average smoker lacks confidence — so the campaign motivates smokers with positive messaging, hence the iCoach and in-flight card. **METRO WORLD NEWS**

Bird flu. Researchers keeping a close eye on major conference

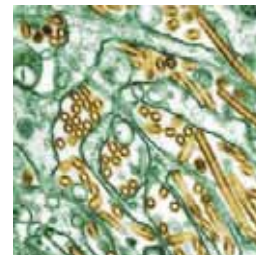
Six months after leading influenza scientists announced they would voluntarily halt research into what it takes to make bird flu viruses transmit among mammals, it's still not clear when and how the cease-work order will be lifted.

Figuring out what an acceptable path towards that end might be will likely occupy considerable time and brain power as many of the researchers capable of doing this work meet in New York next week.

Several months ago many expected the research moratorium would have been lifted by now. But it is becoming clear to the flu community that getting back to business as usual may not be an easy or quick task.

"I very much hope ... that no decision is made at that meeting," microbiologist David Relman says of the annual gathering of the Centers of Excellence for Influenza Research and Surveillance.

"I think that would be a terrible mistake for this particular sequestered private group to make a declaration



Colorized transmission of Avian influenza A H5N1 viruses.

HANDOUT/THE CANADIAN PRESS

CEIRS

The group goes by the acronym CEIRS, pronounced like the department store Sears

- **Big meeting.** Its annual three-day get-together begins work Monday in New York City. It is unclear if this issue will be addressed.

and decide on their own that the moratorium has been lifted. I think that would be a terrible thing."

THE CANADIAN PRESS

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Your fave Japanese appetizer finds its way into tasty salad

Edamame Salad



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Edamame is all the rage today. These soy beans are a great source of protein, an excellent source of fibre and loaded with vitamins and minerals. You can eat them on their own or toss them into a salad.

1. Boil edamame beans just until bright green, approximately 3 minutes. Drain and rinse with cold water.

Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately 5 minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. For dressing: Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

Salad

- 3 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- 1/2 diced water chestnuts
- 1/2 cup diced red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro

Dressing

- 2 tbsp soy sauce
- 1 1/2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

Garnish

- 1 tsp toasted sesame seeds

Health Solutions

Best bet beans



NUTRI-BITES
Theresa Albert, D.H.N., R.N.C.P.
myfriendinfood.com

Recent studies have shown that as little as 1/3 cup of beans can prevent or reduce peripheral artery disease (the first signs of heart disease). Well, if it's that easy...giddy up. Any pulse or dried bean will do but here are a few winners.

Highest Protein Bean: Soybeans

Choose whole, organic, frozen edamame beans, steam and salt them. Serve them as a snack or appetizer.

Highest Magnesium Beans: Adzuki Beans

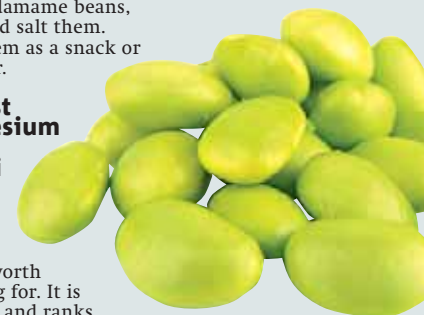
This Japanese bean is worth searching for. It is delicious and ranks

highest in many nutrients. Find it in canned form in Asian or health food stores. If you can't find it, navy beans come close. Add them to pastas and soups.

Easiest Bean: Lentil Hummus

Two tablespoons of this spread will do. Any hummus works but lentils are higher in fibre, folacin and iron. Baby carrots, anyone?

Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @TheresaAlbert on Twitter and found daily at MyFriendInFood.com.



Most men like fire. Because of that, most like barbecuing as well. iStock

The battles of the grill

Dialogue. Excerpt from *Shut Up and Eat!* takes humorous look at a conversation that many couples could have this summer

KATHY BUCKWORTH
life@metronews.ca

One of the great things about barbecuing is that it is normally relatively easy to suck the man of the house into actually cooking. Something to do with an open flame and the inherent explosive danger proves irresistible to these gullible fellows.

Of course, the big downside is because they have spent a good 20 minutes searing a steak, they expect to get the credit for the entire meal, which, by the way, consists of salad, potatoes, fruit and dessert, all of which has taken you about two hours to complete.

Personally, I try to find additional things for my husband to do while in the backyard manning the grill — including garbage clean

up, putting the hose away, backwashing the pool, installing some fencing... Be creative and see how far it takes you.

Also, be prepared for the following conversation:

Him: OK, honey, so I'll take care of dinner tonight. I picked up some steaks.

Me: Great. So what are we having with them?

Him: Potatoes and corn.

Me: You have that?

Him: We always have potatoes and corn in the house. (Sadly, we do.)

Me: OK, whatever.

Him: Right then, I'm starting up the barbecue.

Me: Yeah, listen, I only need about an hour to get the other stuff ready. You might want to wait.

Him: (Gone outside.)

Me: %^&#**ng idiot.

Him: I'm ready for those steaks now.

Me: Fabulous. Hope they



need about 45 minutes on the barbecue because that's how long the rest of the dinner is going to take. Hey, who's setting the table?

Him: (Back outside again, stopping only to grab a beer out of the fridge.)

Me: %^&#**ng idiot. Kids, get in here and set the table and help me husk the corn!

Him: OK, we're almost done.

Me: Stupendous. Just cut my finger with a knife while trying to peel the potatoes because your idiot son used

the potato peeler to whittle a stick last week. Oh, yeah. The corn is still hard and we've only found four forks.

Him: (Gone. The sound of a beer cap twisting can be heard from the deck.)

Me: ^&\$^#**ng idiot. Ouch. Crap. Damn.

Him: And we're ready. Kids, dinner!

Me: What the hell are you doing? The potatoes are half raw, the water for the corn hasn't boiled yet and I'm still on hold with Telehealth to see about this red line that's travelling up my arm from the cut on my finger.

Him: Mmmmm. Now that's a steak. Your Dad knows how to cook, eh guys?

EXCERPTED FROM KATHY BUCKWORTH'S SHUT UP AND EAT! TALES OF CHICKEN, CHILDREN & CHARDONNAY, KEY PORTER BOOKS, 2010, AVAILABLE IN PAPERBACK OR KOBO. VISIT KATHY BUCKWORTH.COM; FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH. KATHY'S NEW BOOK, I AM SO THE BOSS OF YOU WILL BE RELEASED BY RANDOM HOUSE IN SPRING, 2013.

EDUCATION BOOM

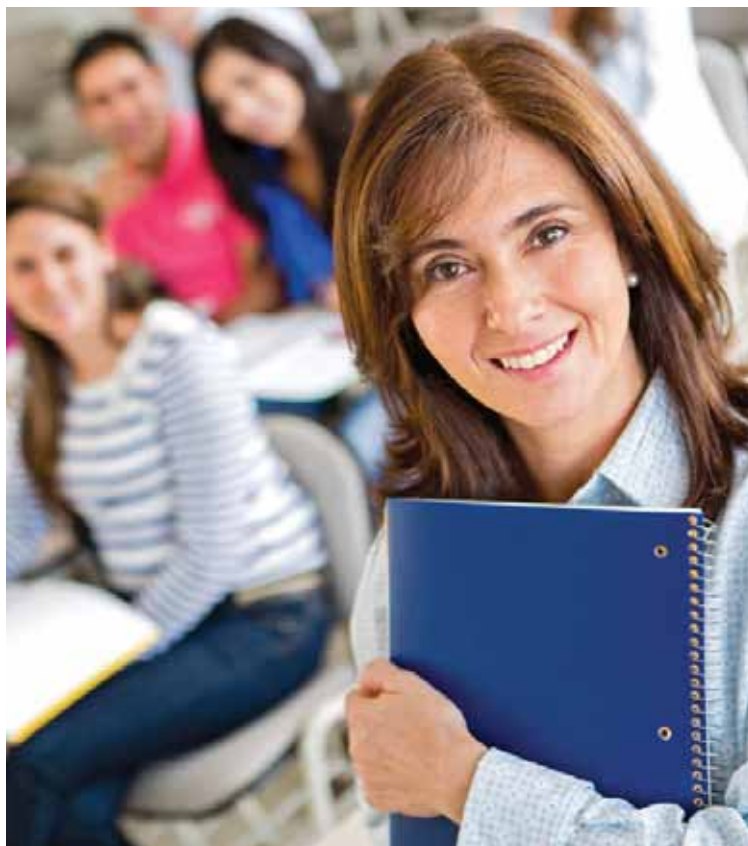
CHANGING OF THE GUARD AS BABY BOOMERS RETIRE

Adult education is booming — thanks to the baby boomers.

Bob Cram, executive director of the Centre for Continuing and Distance Education at the University of Saskatchewan, says older workers exiting the workforce have driven up demand for business courses to train their replacements.

Demand this fall will be high for courses in business, communications skills, writing skills and leadership development, supervisory dealing with difficult people. “All of those courses help you develop skills you can use in your job,” he says.

Many adult learners take skills non-credit courses once a week in 13-week evening classes. He says leadership



ISTOCKPHOTO/THINKSTOCK

development and project management are the most popular. Another popular section is graduate programs like an MBA for

a businesswoman advancing her career, or a master's in education for a teacher who wants to become a principal. Public

administration and public health degrees are also in demand.

Cram attributes it to a changing of the guard as boomers retire. Those retired boomers also created the second surge in adult education. “Now they want to take courses that are just for fun. For the love of learning,” he says.

They don't care about getting a degree, but just want a social outing in an educational setting. Many cities have non-profit organizations like the 400-member Saskatoon Seniors Continuing Learning Inc. These groups liaise with their members and their local universities to pick classes on topics like Irish literature, the origins of the First World War, or Prairie geology.

Cram notes you can audit a course, which means you don't get a credit, but it reduces the cost by half. Seniors can sometimes learn for free. “Typically, it's after the normal registration period has closed. If there's space in the class they can register for free,” he says.

The trend is moving away from that, but it's worth checking with your registrar. Courses organized specifically by seniors groups are often only about \$50 anyway.

Cram notes that many of the professional development courses are being taken online. The University of Saskatchewan saw online enrolment jump 35 per cent in each of the last two years.

— Jon Tattrie



CNIH PHOTO

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The diagnostic medical sonography program provides both didactic and clinical education in abdominal, obstetrical, and

gynecologic specialty areas. As a student, you will receive your clinical education at partnering medical centres and medical clinics throughout Ontario. Your fourth and fifth terms will be spent in 16-week clinical practicums.

The diagnostic medical sonography program is probationary, meaning it is a Ministry of Training, Colleges and Universities-approved program for a probationary period until it obtains accreditation status from the Canadian Medical Association (CMA).

The Canadian National Institute of Health is located on 2650 Queensview Dr., Suite 160, in Ottawa. You can contact CNIH at 613-726-2644 or toll-free at 866-726-2644. For more, and to register online for your student enrolment package, visit cnih.ca.

A Career in Ultrasound!

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Ultrasound is a growing field with excellent employment prospects and a great salary (\$68,000 - \$86,000 per year). At schools across Canada, hundreds of applicants are turned away every year so grab this unique opportunity to enter the program this September!

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It's called asset allocation. Divide your money between stocks, bonds and cash. ISTOCK IMAGES

100% invested in the stock market? Spread some of that cash out

Alison's money rule. Timing the stock exchange to perfection is probably as difficult as winning the lottery



YOUR MONEY
Alison Griffiths
money@metronews.ca

A couple of days ago I got the kind of email I hate the most. If it had been snail mail I would have seen tear drops on the paper.

It was from a distraught woman in her mid-40s who was taking a beating in the stock market. Her portfolio had been 100 per cent invested in stocks (through mutual funds) and she flip-flopped back and forth between the US and Canadian market — losing both ways.

Now she's pulled all her money out of the market, paid

deferred sales charge fees on her mutual funds, and is sitting on the sidelines waiting for the right moment to get back in. Essentially she is doubling down on a bad bet and she's almost certain to lose again.

I'd have no quarrel if she can't stomach the turmoil of the stock market. But if so she should put her money in GICs or a savings account. She won't make much money but she won't lose any either.

The simple fact is that the average investor cannot time the market and very few professionals can manage the trick either.

So what can you do? It's called asset allocation.

The task is to divide your money among equities (stocks), bonds and cash. Historically the equities provide growth over time. Bonds provide ballast because they churn out interest when the stock market goes down. Cash is for emergencies and it also will provide some interest income.

In numbers

9 per cent

The average annual return of investment grade corporate bonds over 20 years with interest re-invested.

A sample asset allocation might be 50 per cent equities, 40 per cent bonds and 10 per cent cash. The equities could be divided 25 per cent U.S. and 75 per cent Canada. Pick an allocation that works for you, your risk tolerance and your situation.

The next step is critical. Use new contributions or dividend and interest income to maintain your allocation. This is called rebalancing and it's the key to lowering risk and increasing return.

Unless you have an accurate crystal ball, correctly timing the stock market is less likely than winning the lottery.

How to save \$120K by brown-bagging it



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

Ever wonder what buying your lunch each workday actually costs you over the course of your working career?

According to VISA Canada's July 2012 lunch survey, the average Canadian will spend just less than \$9 on their lunch when eating out. When \$9 per workday is compounded at the rate of inflation, 3.5 per cent, for 40 years, it adds up to a whopping \$180,000!

A brown bag alternative, costs up to \$3 per day or \$60,000 throughout a person's working career when the same calculation is applied. Not only is a brown bag lunch frugal, it's often healthier than purchasing fast foods or lunches that contain unhealthy ingredients.

Simply making lunch at home rather than buying it could save the average Canadian nearly \$120,000.

Imagine what you could do with that kind of dough! Pay off your mortgage, save for your retirement, sail around the world for three years or send your children to top Canadian universities.

If you're concerned about being a social outcast at work because you're

brown bagging it, park that thought.

Encourage your colleagues to pack their lunches by telling them how much they can save too.

Turn it into a game — track each other's progress by throwing the 'would be' lunch money into personalized savings jars that can be deposited into an investment plan once per week. Whoever saves the most wins a free picnic pot luck lunch, hosted by the colleagues that lost the game.

Don't bail on the brown bag alternative even if you're not Chef Gordon Ramsay.

Take 5 minutes on Sunday night to plan out your lunches and then head to your local grocery store. Purchase



only what you'll need for the week and ensure you've bought a variety of foods from all the food groups — fruits, veggies, breads, meats, and dairy. Stick with healthy foods that will give you plenty of energy for your busy workday.

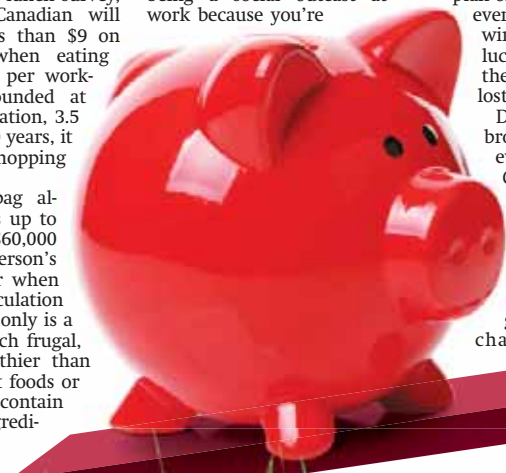
Save big bucks by using coupons at the grocery store, buying locally grown foods and produce that is in season. If you're not great at making salads or sandwiches, cook a bit extra at dinner and take leftovers for lunch.

Rather than unnecessarily ingesting \$120,000, put it towards something you're dreaming



If you're worried about being a social outcast, encourage your colleagues to pack their lunches too. ISTOCK IMAGES

about — a financial goal that builds your bottom line.





Only 35 per cent of Germans even have a credit card. ISTOCK IMAGES

Germany's cash culture shows aversion to debt

Tough bailout stance. Paying cash ensures you don't spend more than you have

Head to the checkout at an Ikea store in Stockholm to pay for your new leather corner sofa and with the swipe of a Visa card it's yours. Don't try that in Berlin — that'll be 1,699 euros (\$2,107 Cdn) up front, please.

It's that financial culture — a deep-seated aversion to debt and an emphasis on responsibility — that makes Chancellor Angela Merkel's hardline approach to solving the European financial crisis so popular in Germany. The attitude shows up in all walks of life, from the daily trip to the store to buying a house.

The economy is so reliant on cash for transactions small and big, a way to ensure you don't spend more than you have, that Germany pushed hard for the 500-euro note to replace its popular 1,000-mark bill when it joined the common currency.

It's one of the largest denomination notes being produced anywhere today, worth around \$620, and is even known in neighbouring France as "the German note." While even dis-

count supermarkets in Germany happily take the big euro bill, very few shops in France will accept it.

Even though Germany is Europe's largest economy and one of its richest per head, it is last in home ownership with just over 40 per cent. That compares to some 80 per cent in troubled European Union countries like Greece, Italy and Spain, and around 70 per cent in Britain and the United States, where owning your own home is part of the "American Dream."

Germans tend to be instinctively averse to taking out a mortgage. And lenders often demand a 20 per cent down payment on a house or substantial collateral. So a culture has sprung up of just renting and holding on to cash.

The German aversion to debt also translates to credit card use — or non-use. Only 36 per cent of Germans

over the age of 15 even possess a card, compared with 62 per cent in the U.S., according to World Bank figures. And even when Germans do have a card, the limit is usually tied to a customer's bank balance and the bill is automatically paid off from the customer's account.

"If I pay with my Visa, then Visa takes it from my account — I don't get any real benefits," said Rainer Hoedt, a Berlin high school teacher.

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Cam Newton celebrates a touchdown against the Tampa Bay Buccaneers on Dec. 24, 2011 in Charlotte, N.C. STREETER LECKA/GETTY IMAGES FILE

Cam Newton at ease as NFL 'mega-superstar'

NFL. In just 15 months, Panthers quarterback has become national celebrity unlike any other for the team

Cam Newton is everywhere these days.

If he's not flying through your television set on "Cam's Night Out" hawking Under Armour gear or sucking down Gatorade and "Winning the Fifth Quarter," chances are you've seen the 23-year-old quarterback featured prominently by the NFL in advertisements for its upcoming preseason games.

And, if not for Calvin Johnson, he'd be on the cover of Madden NFL 13, too.

Charismatic, built like a

Quoted

"I'm just working on being great. Everybody wants to win the Super Bowl, but let's worry about today. Tomorrow is not promised." Cam Newton

Greek god and, above all, incredibly talented, Newton has taken the country by storm since being drafted No. 1 overall last year. As Panthers teammate Jon Beason said, Newton has become "a mega-superstar."

Newton has grabbed the national spotlight after a record-setting season in which he combined for 35 touchdowns and became the first rookie to throw for more than 4,000 yards.

"We haven't had a guy who gets this much attention — ever," said offensive tackle

Jordan Gross, now in his 10th season with the Panthers.

Newton walked onto Wofford College's Gibbs Stadium Sunday night for the first training camp practice before a fired-up crowd of 12,871. Fans wearing his No. 1 jersey were everywhere.

It was the largest crowd ever assembled for a single practice in the 18 summers the Panthers have spent in Spartanburg, according to team spokesman Charlie Dayton.

Call it the Cam factor. And Newton, who has a flare for showmanship, didn't

shy away from attention.

He raced up the field for a 25-yard gain on a play-action fake, veered out of bounds and ran along the inside wall of the stadium pumping his left fist at fans.

Of course, with fame come potential pitfalls.

Newton's coach, Ron Rivera, is aware of that.

That's one of the reasons he pulled Newton aside in February for a private talk, making sure he kept his priorities straight in the off-season.

"The biggest thing he understands is that once we're in the season, it's time to work. And his focus and attention is about what we do. And it is. So I have no problem," Riviera said.

Of the season ahead, Riviera said, "As Cam goes, we go."

THE ASSOCIATED PRESS

MLB. Adam Lind goes on DL with back strain



Adam Lind GETTY IMAGES FILE

The Toronto Blue Jays placed first baseman/designated hitter Adam Lind on the 15-day disabled list Monday with a mid-back strain.

The move is retroactive to last Thursday.

Lind, 29, has appeared in 24 games for the Blue Jays since being recalled

from triple-A Las Vegas last month, posting a .288 average with five home runs and 16 RBIs.

In 58 games overall, the Muncie, Ind., native is batting .227 with eight home runs and 27 RBIs.

The Jays have recalled first baseman David Cooper from Las Vegas for the

second time this season.

In 24 games with Toronto this season, Cooper, 24, from Stockton, Calif., is batting .292 with two home runs and six RBIs.

In Las Vegas, Cooper is batting .314 with 10 home runs, 52 RBI and a team leading 27 doubles.

THE CANADIAN PRESS

Horse racing

Strait of Dover done for year

Strait of Dover's season is over.

The Queen's Plate winner has been shut down for the remainder of the 2012 thoroughbred campaign with a ligament ailment.

Trainer Dan Vella figures the prized three-year-old was injured just over a week ago during a training session in preparation for the \$500,000 Breeders' Stakes, slated for Sunday at Woodbine Racetrack in Toronto.

Strait of Dover was generally regarded as the horse to beat in the Breeders' Stakes, the 1.5-mile turf event and final jewel of Canadian racing's Triple Crown. THE CANADIAN PRESS

Golf

Vegas on a roll at Glen Arbour

Calgary's Stephen Ames promised to be a gracious host before launching his opening drive at the Telus World Skins Game.

Jhonattan Vegas made himself right at home, grabbing five skins and \$85,000 over Monday's front nine at Glen Arbour Golf Course.

The 27-year-old defending champion from Venezuela rolled to the first day lead, followed by Ames, England's Paul Casey and 2009 U.S. Open winner Lucas Glover with one skin each for \$15,000.

THE CANADIAN PRESS



Jhonattan Vegas
THE CANADIAN PRESS

NBA

Raptors re-sign Alan Anderson

The Toronto Raptors re-signed free-agent forward Alan Anderson on Monday.

Anderson was signed to a 10-day contract on March 26, then for the rest of the season April 16, averaging 9.6 points, two rebounds and 27.1 minutes in 17 games.

The six-foot-six, 220-pounder had a season-best 20 points April 26 versus New Jersey.

He averaged 6.7 points, 1.9 rebounds and 18.3 minutes in 70 appearances with Charlotte and Toronto. THE CANADIAN PRESS

Mobile sports



Brett Favre's post-NFL career is underway and it's decidedly low key compared to what the former star quarterback is used to. In his first season as offensive co-ordinator at 1,500-student Oak Grove High School in Mississippi, Favre says the team's "biggest learning curve as a team might be my learning curve." Scan the code for the story.

Games in pictures



1 Rowing. Men's eight fight their way to spot in repechage final

The Canadian men's rowing eight bounced back from a poor heat to finish second in its repechage and advance to the final. The men's four moved on to the semifinal. **THE CANADIAN PRESS**

2 Swimming. Canuck women prove quick learners in pool

Canadian swimmers Barbara Jardin and Samantha Cheverton, pictured, made impressive Olympic debuts Monday as they qualified for the semifinals in the women's 200 freestyle. **THE CANADIAN PRESS**

3 Beach volleyball. Canada spiked by Norway in Game 2

The Canadian men's beach volleyball team of Josh Binstock from Richmond Hill, Ont., and Martin Reader of Comox Valley, B.C., lost to Norway to fall to 1-1. **THE CANADIAN PRESS**

4 Equestrian. B.C. rider Bennett-Awad thrown from horse

Canadian rider Hawley Bennett-Awad was thrown from her horse and taken to hospital during the cross-country portion of Olympic equestrian eventing on Monday. The 35-year-old from Murrayville, B.C., fell from her horse, Gin & Juice, and was taken to the Royal London Hospital for further examination, according to a team spokesperson. **THE CANADIAN PRESS**

Canadians sidestep Round 1 obstacles

Tennis. Ontario's Raonic and Quebec's Wozniak dominate opening matches in London

It didn't take long for Canada's Milos Raonic to show his opponent what to expect in their first-round men's singles match at the London Games.

Raonic opened the match by firing an ace that hit the back fence in a heartbeat and left Tatsuma Ito completely flat-footed. The Japanese player never found an answer for the Canadian's booming serve, with Raonic posting a comfortable 6-3, 6-4 victory at the All England Club.

"I'm fortunate enough to play with a big enough game that most of my results are going to depend on me," Raonic said. "I feel like if I step it up, I will have an opportunity to win."

Raonic used ground strokes and mixed in some deft cut shots to prevent Ito from finding his rhythm. The Thornhill, Ont., native picked up an early break for a 3-1 lead and was never threatened the rest of the way.

"It was a perfect match to get into the tournament," said Canadian coach Martin Laurendeau. "He could work on his game and his patterns and make sure everything is nice and clean and he was able to do that convincingly."

Aleksandra Wozniak of Blainville, Que., also posted a straight-set victory in her opening women's singles match. She defeated Marina Erakovic of New Zealand 6-2, 6-1.

"It's my first Olympics and it's so different than any Grand Slam or any WTA tournament," Wozniak said. "Tennis is such an individual sport, but (here) it's like you play for your own country. So the first victory for sure, it's for Canada."



Milos Raonic serves at Wimbledon on Monday. **RYAN REMIORIZ/THE CANADIAN PRESS**

Competition rising

The draw gets a lot tougher now for the No. 25-ranked Raonic, with a second-round match against world No. 6 Jo-Wilfried Tsonga of France on tap for Tuesday.

- Wozniak also faces a huge challenge in Round 2 where she will meet Venus Williams.

Toronto's Daniel Nestor and Vancouver's Vasek Pospisil won their opening men's doubles match later Monday. They beat Horia Tecau and Adrian Ungur of Romania 6-3, 7-6 (9).

"I'm playing with one of the best doubles players in the world," Pospisil said. "We get fired up and we play some of our best tennis."

THE CANADIAN PRESS



Aleksandra Wozniak returns a shot at Wimbledon Monday. **RYAN REMIORIZ/THE CANADIAN PRESS**

Social media. Bailey lets Olympic spirit shine on Twitter



Donovan Bailey celebrates winning the 100-metre sprint gold medal at the 1996 Atlanta Games. **LUTZ BONGARTS/BONGARTS/GETTY IMAGES FILE**

Donovan Bailey might be 16 years removed from Olympic glory, but that doesn't mean the former sprinter isn't paying attention to next generation of Canadian athletes.

The double gold medallist at the Atlanta Olympics sent out a message on his Twitter feed Monday to Canada's competitors at the London Games.

"Don't let small minds convince you that your dreams are too big! Go Canada let's dominate!," tweeted Bailey, who set a then-world record time of 9.84 seconds

in the men's 100-metre final in Atlanta.

Bailey, who was also part of Canada's gold-medal winning 4x100-metre men's team in 1996, added some encouraging words for tennis player Milos Raonic before his first-round match at the Games.

"Good luck to @milosraonic today in his first match at the Olympics!," Bailey wrote, before later congratulating the No. 25-ranked player in the world on his straight-sets win.

THE CANADIAN PRESS



Canada's Shona Thorburn shoots as Britain's Kim Butler, right, and Johannah Leedham defend during a preliminary women's basketball game at the 2012 Summer Olympics Monday in London. ERIC GAY/THE ASSOCIATED PRESS

Canadian women finish strong against Britain for first win

Basketball. Unlike their late collapse in loss to Russia, Canucks go on 16-4 run to conclude match

Shona Thorburn scored 18 points to lead Canada to a 73-65 victory over Britain in the women's Olympic basketball tournament on Monday.

Britain has now lost both games in its first Olympics since 1948.

Courtney Pilypaitis and Kim Smith added 11 points each for Canada (1-1), which closed out strong after blow-

ing a 10-point lead late in its opening loss to Russia.

"I felt a lot of things weren't going our way, it wasn't pretty basketball, but we pulled out the win and that's what's important," Thorburn said.

Natalie Stafford and Johannah Leedham had 15 points each for Britain, which led 61-57 late in the fourth quarter. But Thorburn drove to the basket to tie the game at 61-61 with four minutes left as Canada finished the game on a 16-4 run. Thorburn hit a three-pointer to the burst to put Canada ahead 66-61. She also scored the last three points of the game, all free throws.

Canada got off to a good start defensively in the game, forcing seven turnovers in the first quarter. Thorburn hit a three-pointer at the buzzer to give Canada a 19-15 lead after the first quarter.

Canada went into the half with a 36-32 lead after a back-and-forth second quarter.

After a sloppy third quar-



Tamara Tatham, left, of Canada looks for a handle on the ball against Britain's Temi Fagbenle. ERIC GAY/THE ASSOCIATED PRESS

Quoted

"It wasn't pretty basketball, but we pulled out the win and that's what's important."

Canada's Shona Thorburn

ter from both teams, Britain went on an early run to take the 61-57 lead with 6:10 left in the game.

Unlike the loss to Russia, Canada was able to battle back and dig themselves out with a late run.

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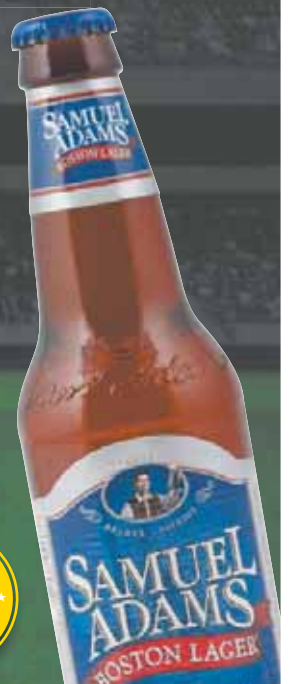
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Student and mentor both eyeing podium

Trampoline. Cockburn looking for her fourth Olympic medal while MacLennan seeks first

It's not lonely at the top for Karen Cockburn.

The three-time Olympic medallist in trampoline has mentored teammate Rosannagh MacLennan to the point where the newcomer is on a world level with Cockburn.

Cockburn is no diva and her generosity is to Canada's benefit.

Both women are strong medal candidates at the Olym-

pics on Saturday.

"Our friendship has evolved over so many years," the 31-year-old Cockburn said Monday following a training session at Greenwich Academy Training Hall. "I met her when she was eight years old. She was this little cute girl in my club who I thought was really good and really cute. She got better and better and made the junior team and that's when I was talking to her more.

"She was training alongside me and I tried to give her tips and things like that. When she made the senior team we started travelling together and rooming together. Even though there's years between us, we

Olympic resumés

- Cockburn won bronze when trampoline made its Olympic debut in 2000 and added silver medals in 2004 and 2008.
- MacLennan finished seventh in her debut in 2008

get along great."

MacLennan, 23, followed Cockburn's lead in training and in competition.

"Karen and I, especially when we started training

together and became training partners, she's always been someone who has pushed me and someone I always chased," MacLennan said. "Now we're definitely, hugely supportive of each other and pushing each other."

MacLennan, who is from King City, Ont., won a test event in London in January. She was first at the most recent World Cup ahead of second-place Cockburn. Cockburn, who is from Stouffville, Ont., is ranked third and MacLennan No. 5 in the world coming into the Games. All that is to say, one or the other, or both, could land a medal Saturday.

THE CANADIAN PRESS



Canada's Rosannagh MacLennan, right, and Karen Cockburn are pictured together at the Beijing 2008 Summer Olympics, where Cockburn won the silver medal in the women's trampoline competition.

PAUL CHIASSON/THE CANADIAN PRESS FILE

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Horoscopes

♈ Aries

March 21 - April 20
The pace of life will pick up dramatically over the next few days and you could find yourself running all over the place. Make sure your efforts are for your own benefit. Don't spend every minute making other people happy.

♉ Taurus

April 21 - May 21
Business issues and personal relationships will in some way be brought together today. You may have to spend a bit of money to attract what you need but it's OK, you can afford it.

♊ Gemini

May 22 - June 21
Today's Venus-Saturn link will open your heart and make it easier for you to let those you love and admire know how much they mean to you. The depth of your feelings will no doubt surprise them.

♋ Cancer

June 22 - July 23
You seem to have made a good impression on some of the people you work alongside and a promotion or salary increase is a distinct possibility. Don't be too modest about your talents: You deserve what you get.

♌ Leo

July 24 - Aug. 23
Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

♍ Virgo

Aug. 24 - Sept. 23
You'll be attracted to someone like the proverbial moth to a flame. Let's hope you don't get burned to a crisp! Feel with your heart by all means but think with your head too. It could save you sorrow.

♎ Libra

Sept. 24 - Oct. 23
Relationships of all kinds can be strengthened today. With Venus, your ruling planet, on good terms with Saturn in your sign it will be ridiculously easy to mend fences. So what are you waiting for?

♏ Scorpio

Oct. 24 - Nov. 22
Someone is making life difficult for you. Why? Because it makes them feel good. Now that you know that, you should not feel guilty about hitting back.

♐ Sagittarius

Nov. 23 - Dec. 21
Anyone who thinks you are easy to deceive had best think again because you are not only smarter than you look but are in no mood to deal with fools either. Sadly, there are a lot of them.

♑ Capricorn

Dec. 22 - Jan. 20
Some people have been taking advantage of you and it's time you did something about it. Today's cosmic alignment will help you get tough without causing too much of a stir. Drop a few hints. They'll get the message.

♒ Aquarius

Jan. 21 - Feb. 19
You will find it easy to win people over with your way of thinking, but is your way of thinking correct? At some stage you will encounter information that encourages you to look again at certain long-held beliefs.

♓ Pisces

Feb. 20 - March 20
Family and financial matters are under good stars today and if you go out of your way to make other people happy then you are more likely to be happy too. Your needs and their needs are not so far apart. **SALLY BROMPTON**

Crossword: Canadian Entertainers

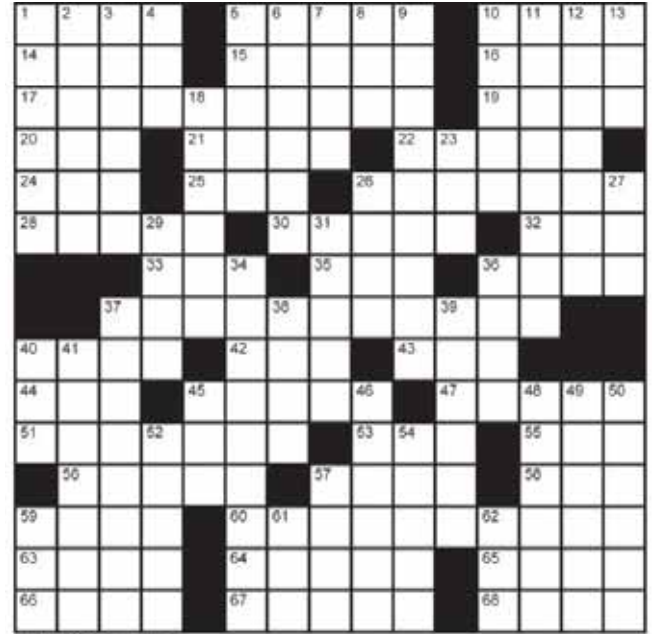
Across

1. Wise
5. Barred to outsiders, like an exclusive community
10. 528i and 750iL, e.g.
14. ___ day: vitamin bottle recommendation
15. "Rice-___, the San Francisco treat"
16. Past participle of lie
17. Canadian-American actor who portrayed Max Headroom
19. Not ___ many words
20. Bible divs.
21. 32-Across overnight suggestions
22. Bert's Sesame Street pal
24. Narrow river inlet (or, backwards, atmosphere)
25. ___ Rail Canada
26. London, Ontario-born *Wedding Crashers* star Rachel
28. ___ nous: confidentially (literally, between us)
30. Ballot listing
32. Canadian auto club
33. Small batteries
35. "Evil Woman" gp.
36. ___ E: History Channel owner
37. English-Canadian actress who portrayed Samantha Jones in HBO's *Sex and the City*
40. *Death in Venice* novelist Thomas
42. "Can I take that as ___?"
43. Dog command
44. "... or so ___ heard"
45. Biting wit

47. Motown's output, in short
51. Regina-born star Leslie of *Naked Gun*
53. Sundial seven
55. Tic-tac-toe win
56. Hawaiian greeting
57. Kind of bag
58. "I ___ You, Babe": Sonny and Cher hit
59. "They're ___ again" (fighting)
60. American-Canadian baroque and operatic singer-songwriter Rufus
63. "I ___!": tot's refusal
64. Atlas rocket stage
65. Call on the phone
66. Therefore
67. Agreements
68. Green Gables girl

Down

1. Depressing
2. ___ Skywalker
3. Alludes to
4. Consume
5. "Enhanced," on some menus
6. 1970s rock concert sites
7. 32-Across jobs
8. "Acetyl" add-on
9. Movie-makers
10. Unseeing
11. Crazy
12. Montréal-born Joseph who played Dr. No
13. Cat or cone preceder
18. Alarm setting for one with a paper route, maybe
23. Edmonton-born actress ___ Dawn Chong
26. Scotch ingredient



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BY MICHAEL WIESENBERG

27. Unhappy
29. Winnipeg-born Douglas, Hal's 2001 voice
31. "Don't ___": pretend you don't know
34. Frighten off
36. Sask. neighbor
37. How some beg
38. "Author unknown," for short
39. Better ventilated
40. Abbr. on a volume knob
41. Flyer
45. Kinda
46. Vancouver-born actress De Carlo
48. Skull, slangily
49. Vancouver-born Scott portrayed on *Star Trek*
50. Perfume holder
52. Canada's ___ Max
- lottery
54. "___ the best of times..."
57. Close relationships
59. Wide wonder
61. "Act your ___!"
62. Actress Lupino

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	6	5	3	8	7	1	9	2
3	7	2	5	9	1	4	6	8
9	1	8	4	2	6	3	5	7
0	4	7	2	3	5	8	1	9
1	2	3	8	7	9	6	4	5
8	5	9	6	1	4	7	2	3
2	8	4	9	0	3	5	7	1
7	9	6	1	5	8	2	3	4
5	3	1	7	4	2	0	8	6

	2	5	4					6
				7	8			5
1	7							2
		3		8				7
	6						8	
9				6		1		
							3	4
3	4		8	1				
7					5	9	2	

Today 33°/20° Thundershowers
Wednesday 28°/17° Thundershowers 60%
 Know what the weather will be 14 days from now. Check the 14 day trend.
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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,552.03/coin
9999 Canada Maple leaf, less than 1 ounce	\$49.90/g
24k Jewellery	\$38.15/g
22k	\$34.94/g
E. Indian/Nuggets	\$30.98/g
18k	\$28.61/g
14k and dental	\$22.24/g
10k	\$15.87/g
9k	\$14.31/g
8k/antique gold	\$9.54/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,495.15
Gold 10 ounce (Recognized)	\$14,870.22
Gold 1kg (Recognized)	\$47,807.76
Gold bars, less than 1 ounce (Recognized)	\$47.81/g
999 Gold bar (Unrecognized)	\$46.51/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$26.99/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.55/g
Stamped Sterling Silver Jewellery	\$0.53/g
Mexican Silver stamped 925	\$0.45/g
Stamped 800 Silver	\$0.43/g
Unstamped scrap silver	\$0.29/g
Other silver coins	\$0.59/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-07-30, 16:23:45 PM

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Purity: 14k • Weight: 193.50g

PRICE: \$4,303.44



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$244.92



Example Purchase 3:

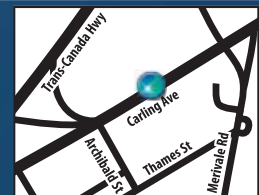
Purity: 14k • Weight: 183.30g

PRICE: \$4,076.59



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